

Traditional Food-Based Meal Pattern for Breakfast

Meal Component	Minimum Quantities		
	Ages 1-2	Ages 3, 4 and 5	Grades K-12
Milk, Fluid (As a beverage, on cereal or both)	4 fl. oz.	6 fl. oz.	8 fl. oz.
Juice/Fruit/Vegetable Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	¼ cup	½ cup	½ cup
Select 1 serving from <u>each</u> of the following components or 2 from <u>one</u> component			
Grains/Breads¹ One of the following or an equivalent combination: Whole-grain or enriched bread Whole-grain or enriched biscuit, roll, muffin, etc. Whole-grain, enriched or fortified cereal	½ serving ¹ ½ serving ¹ ¼ cup or ⅓ oz.	½ serving ¹ ½ serving ¹ ⅓ cup or ½ oz.	1 serving ¹ 1 serving ¹ ¾ cup or 1 oz.
Meat or Meat Alternate (Quantity of the edible portion as served) Lean meat/poultry or fish Alternate Protein Products ² Cheese Egg (large) Cooked dry beans and peas Peanut butter or other nut or seed butters Yogurt, plain or flavored, unsweetened or sweetened Nuts and Seeds ³	½ oz. ½ oz. ½ oz. ½ egg 2 Tbsp. 1 Tbsp. 2 oz. or ¼ cup ½ oz.	½ oz. ½ oz. ½ oz. ½ egg 2 Tbsp. 1 Tbsp. 2 oz. or ¼ cup ½ oz.	1 oz. 1 oz. 1 oz. ½ egg 4 Tbsp. 2 Tbsp. 4 oz. or ½ cup 1 oz.
¹ For specific serving sizes see “ <i>Serving Sizes for Grains/Breads in Child Nutrition Programs</i> ”. ² Alternate Protein Products must (1) be processed so that some portion of the non-protein constituents of the food is removed, (2) have a biological protein quality of at least 80 percent that of casein as determined by PDCAAS, and (3) contain at least 18 percent protein by weight when fully hydrated or formulated. ³ No more than 1 ounce of nuts and/or seeds may be served in any one meal.			